miles towards Harlow Mill. At Harlow Lock you can continue alongside the river for another couple of miles to the picturesque village of Sawbridgeworth and then on to Bishop's Stortford if you wish. For the purpose of this walk we leave the towpath here. At the bridge turn right through the trees and past the Harlow Mill Beefeater restaurant following the Harlow Town Park signpost.

Harlow Lock to Parndon Mill

Continue along the path until you reach a small bridge. Turn left and enter the park following the path parallel with the river. In a short while you will reach the end of the park and again pick up the river's towpath. Continue past the visitor moorings and cross the weir bridge along the path in front of Burnt Mill Lock cottage. Although no records exist of what happened to the mill the obvious implication is that it caught fire like so many other mills in the area due to the combustable nature of flour. Maps of the navigation dating back to 1772 already show the area as Burnt Mill. Up the steps and through the little gate you emerge onto the road that leads back to the Moorhen pub. However, we are continuing the short distance to Parndon Mill. Opposite the Harlow Outdoor Pursuit Centre the towpath continues. Follow this and you will shortly pass underneath the busy A414 road bridge. Continue for about a third of a mile crossing the bridge over the lock in front of the mill. Attractive narrowboats moor here and add to the atmosphere of times past. Follow the public footpath through the gate and you will arrive immediately in front of the mill.

Parndon Mill was mentioned in the Domesday Book, however this mill was built in the early 20th century after a series of fires destroyed the original and subsequent buildings. The mill is now home to the work of local artists and craft workers including jewellery makers, painters, carpenters and even a blacksmith. The mill opens its doors to the public for exhibitions and you can find details of these at www.pardonmillartists.com

Parndon Mill to Moorhen pub

From the front of Parndon Mill walk through the car park past the rare breed sheep and goats. At the railway bridge follow the footpath down past the river through the trees. You will shortly arrive at a bridge over the river which you should cross then turn right to rejoin the towpath. Retrace your footsteps back to the road and turn left back towards the Moorhen pub for a well-earned rest.

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Every care has been taken to ensure the accuracy of all information given in this guide and British Waterways London does not accept responsibility for any changes that may have occurred since going to press. Walking alone in isolated areas is not recommended

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WALKING IN HARLOW

At just over four miles long, this walk combines both rural and urban landscapes with the ambience you'd expect from a countryside ramble and the conveniences of being close to town.

The River Stort offers a multitude of walking opportunities for either a short stroll or a more energetic hike.

Start: Moorhen pub
Finish: Moorhen pub
Distance: 5 miles
Time: 3 hours
Transport: Harlow Town train station
Parking: Moorhen pub
Conditions: Uneven in parts, some areas are unsuitable for wheelchairs

HISTORY

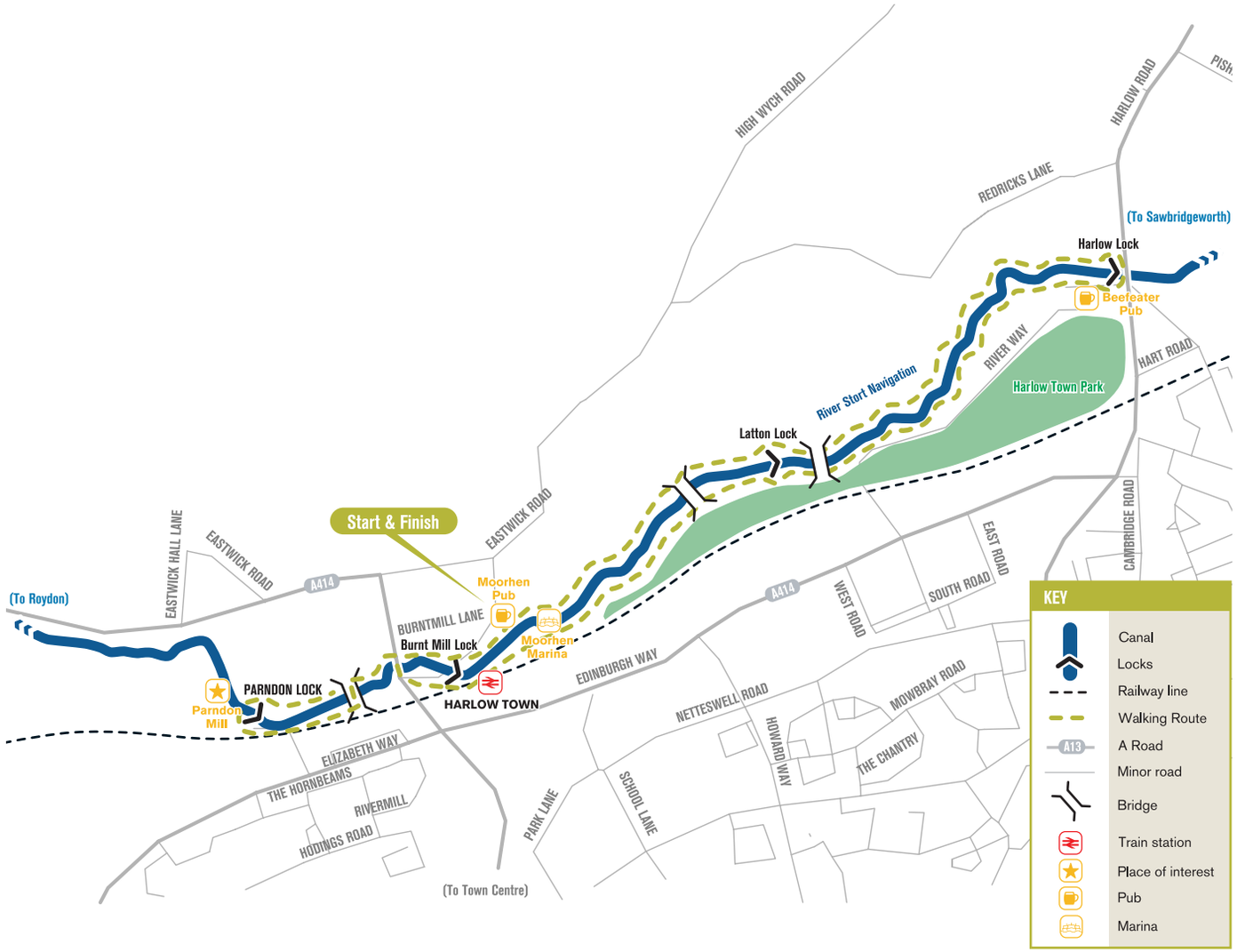
Winding its way through the beautiful Essex countryside, the River Stort was once a thriving commercial route for barges carrying cargo to and from the mills and contributed significantly to the growth and prosperity of the area. At almost 14 miles long the Stort now ambles through historic market towns, past disused mills and maltings and offers a more leisurely environment to that of 100 years ago.

Moorhen Pub to Harlow Lock

Start in the car park of the Moorhen pub, located just off Burnt Mill Lane. Walk past the front of the pub along the river. Continue past the toilet block on the left towards Moorhen Marina. Formerly a model boating lake, the marina is now home to about 40 pleasure craft including pretty narrowboats and more modern cabin cruisers.

Continue over the draw bridge and bear right over a smaller bridge carrying on past the weir on the right. Continue along the well trodden path through the trees and past Terlings Park on the left. You will shortly arrive at Fiddlers Brook which feeds into the River Stort from the left. After about half a mile you will arrive at Latton Lock, one of fifteen locks on the River Stort installed to raise the canal in line with the surrounding land. In 1911, the Lee Conservancy bought the River Stort for five shillings and commenced improvement works including dredging the entire Navigation and converting the turf sided locks into fully brick-sided locks. Because of the 1st World War the work was not completed until 1924.

Just ahead of Latton Lock is a footbridge which leads to Harlow Town Park. For those who want a shorter route, cross the bridge and follow the footpath on the other side back towards the Moorhen pub. The main walk however continues for another couple of



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